

Author Information Sheet

Name: Biodun Abudu

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Author Bio

Biodun Abudu is a genre-defying author whose work explores identity, relationships, emotional survival, and the tension between public image and private truth. His writing centers on the lived experiences people are often taught to hide, with a focus on themes such as friendship, marriage, sexuality, and self-perception.

His most notable works, including *This Wasn't for the Public*, *Tales of My Skin*, *Stolen Sanity*, *Open Letters From Within* and *Notes to Self: A Human's Journey*, have positioned him as a voice for honest, reflective, and often uncomfortable conversations. Through both poetry and nonfiction, his work invites readers into deeper discussions around vulnerability, healing, and the realities of human experience.

Biodun has appeared at festivals and panels including BookCon, the NYC Governors Island Poetry Festival, and the American Visionary Art Museum, where his work has contributed to conversations around identity, storytelling, and personal truth.

Select Titles

- *Tales of My Skin*
- *Stolen Sanity*
- *Forbidden Scriptures*
- *Open Letters from Within*
- *Tea, Tips & Tricks (Vol 1 & 2)*
- *Confessional Scriptures*
- *Notes to Self: A Human's Journey*
- *Public Etiquette: Uncensored*
- *Sex Etiquette: Uncensored*
- *Unholy Scriptures*
- *This Wasn't for the Public*

Speaking, Panels, Readings & Symposiums

- University of Nottingham (England) — Black Sexual Politics Symposium (2026)
- Harlem Book Fair — Upcoming Literary Programming (August 2026)
- BookCon — Featured Reading Appearance (2019)
- American Visionary Art Museum — Panelist
- Marymount Manhattan College — Guest Panelist
- Brooklyn College — Guest Panelist
- Center on Halsted (Chicago, IL) — Youth Book Workshop Facilitator

Festivals & Literary Events

- BookCon — Javits Center, New York (2026)
- Black British Book Festival — Barbican Centre, London, UK (2025)
- NYC Poetry Festival — Governors Island, NY (2025)
- Sex Expo — Metropolitan Pavilion (2022)

Media & Press Features

- PrideIndex – Beyond Silence: Biodun Abudu on His New Book and Challenging the Status Quo (Interview, 2026)
- Bella Naija (Nigeria) - Author Feature (2019 - 2026)
- Sexual Health Magazine (published by XBIZ) — Featured article, “The New Rules of Sex Etiquette in the Digital Era” (July 2026)
- Ameyaw Debrah (Ghana) - Author Feature (2019 - 2026)
- BronxNet’s OPEN - TV Interview (2019)
- Windy City Times - Newspaper Feature (2012)
- DTF Radio - Guest Interview
- Featured on Indie Podcasts including *My Black is Transnational*, *Wellness & Wahala*, *Pánsá Pánsá*, *Oversharing with dna* and more.

Creative Collaborations

- Music collaboration: Featured spoken-word writer and voice on “U Bad (Epilogue)” by Titi LoKei from her album *Pioneer* (2026).

Awards & Recognition

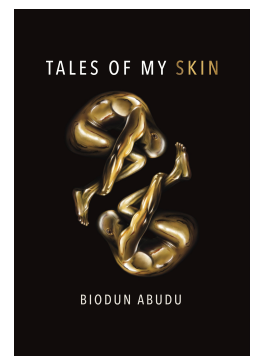
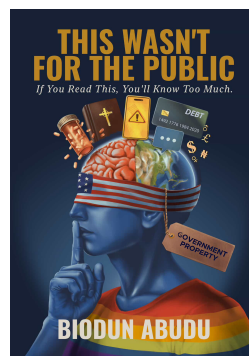
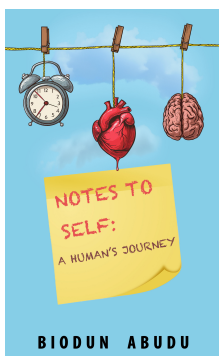
- The BookFest® Spring 2025:

Notes to Self: A Human's Journey – 1st Place, Self-Help – Motivation

Open Letters From Within – 2nd Place, Poetry – Love, Poetry – Modern

- PRIDE Index Esteem Awards 2021 for Future Leader

Selected Book Cover



Featured Academic/Literary Appearance

Private vs Public

Identity in Black Masculinity

—Visibility, vulnerability, and survival—

Biodun Abudu

BACKGROUND

- Expectations of strength and control
- Pressure to perform identity
- Divide between public and private self
- Impact on relationships and well-being

KEY INSIGHTS

- Dual identities for safety and acceptance
- Vulnerability limited to private spaces
- Public perception shapes behavior
- Silence as a survival strategy

APPROACH

- Themes from This Wasn't for the Public and Tales of My Skin
- Lived experiences and observed social patterns across public and private spaces
- Cultural expectations of masculinity

DISCUSSION

- Identity separation reinforces isolation by limiting authentic self-expression
- Limits emotional expression, particularly in public-facing environments
- Affects relationships and long-term mental well-being

FOCUS AREAS

- Identity performance
- Emotional suppression
- Public vs private behavior

RAISES QUESTIONS

- Visibility vs protection in navigating public identity
- Authenticity vs expectation within cultural norms

CONCLUSION

- Expand conversations on Black masculinity
- Challenge restrictive norms
- Create space for authentic expression

This Wasn't for the Public & Tales of My Skin
— Biodun Abudu

Thank you to those whose stories continue to shape this work.

BiodunAbudu.com

Presented at the University of Nottingham (England) Black Sexual Politics Symposium (2026)

Original Visual Commentary

12 Signs You're in a Toxic Work Environment



